




August & September 2023

Medford Public Schools Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Back to SCHOOL 	29 	30 French Toast Sticks* w/ syrup Tater Tots Fruit juice Slush	31 Chicken Patty Sandwich* w/ Local Lettuce & Tomato Veg Baked Beans Local Peach	1 No School! 
4 Labor Day! 	5 Popcorn Chicken & Dutch Waffle* Veggie Sticks Fruit Selection	6 Meatball Sub* w/ cheese Green Beans Local Strawberries	7 Mac* & Cheese Breadstick* Roasted Local Cauliflower Fruit Selection	8 Mozzarella Sticks* w/ marinara Local Garden Salad Dinner Roll* Fruit Selection
11 Cheese or Pepperoni Pizza* Local Garden Salad Local Asian pear	12 Egg & Cheese Croissant* Tater Tots Fruit Selection	13 Beef Riblet on a Bun* Veg Baked Beans Local Blueberries	14 Chicken Stir Fry over Seasoned Brown Rice* Mixed Vegetables Fruit Selection	15 Hamburger* or Cheeseburger Local Corn on the Cob Fruit Selection
18 Chicken Nuggets Dinner Roll* Mashed Potatoes Corn Fruit Selection	19 Beef & Cheese Nachos* Marinated Black Bean Salad Local Lettuce & Tomato Salsa & Sour Cream Fruit Selection	20 Early Release! Turkey & Cheese Sub* or Hummus & Pita* Snack Box Local Baby Carrots & Apple Slices	21 Chicken & (Local) Broccoli Ziti* Local Garden Salad Fruit Selection	22 Korean Beef Bowl over Seasoned Rice Slaw Fruit Selection
25 Yom Kippur! 	26 Hamburger* or Cheeseburger Veg Baked Beans Fruit Selection	27 French Toast Sticks* w/ syrup Tater Tots Local Watermelon	28 Chicken Patty Sandwich* w/ Local Lettuce & Tomato Local Squash Fruit Selection	29 Cheese or Pepperoni Pizza* Local Garden Salad Fruit Selection

*Whole-grain rich item

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.



Did you hear?

School meals are **FREE** this year,
and this time it's for good. ❤️

Please note that second lunches, single milks, or single
fruits or vegetables, unfortunately, are **not free**.
We apologize for any confusion & inconvenience.

Grades K-5 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich
Cheese Pizza

Grades 6-8 Daily Alternative Menu Options:

Sunbutter & Jelly Sandwich
Cheese Pizza
Turkey & Cheese Sandwich

We're
experiencing
some growing
pains. More
options are
coming soon!



TALK TO US

call: 781-393-2241

email: meals@medford.k12.ma.us

We're Hiring!

Come work with us!!

- School holidays & breaks off
- Flexible Schedule
- Summers off
- Scan to apply



<https://www.applitrack.com/MedfordPS/onlineapp/>